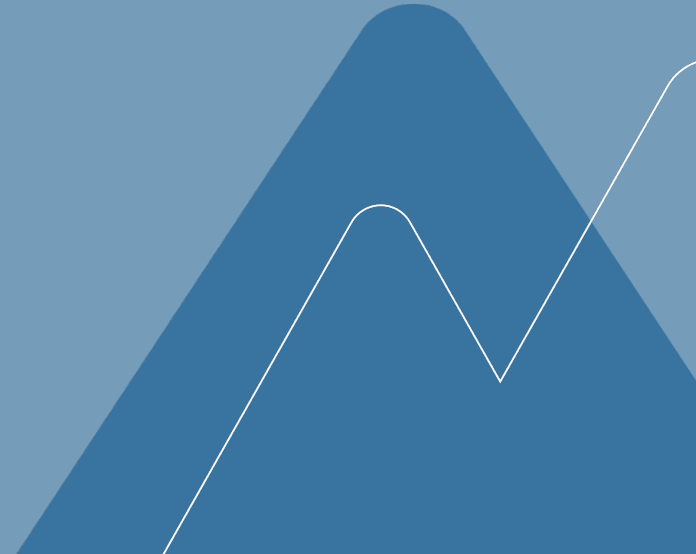


Supporting Your Teams through Change and Uncertainty



Supporting Teams Through Change and Uncertainty



Change and uncertainty are difficult for everyone and can affect personal lives and mental well-being. Modern Health offers a variety of resources to support teams through change and uncertainty. Follow these steps to support your employees' mental health amid change and uncertainty.

- 1 Managers and Admins — review and prep with these support materials**
[Action Plan: Supporting Your Teams Through Change and Uncertainty](#)
[Modern Health for Managers and HR Team Leaders](#)
[Manager Mental Health: How to Lead Conversations Around Mental Wellness](#)
[Meditation: Empathetic Listening Role Play](#)
[Circle: Supporting Your Team Through Workforce Changes](#) (watch on -demand)
- 2 Show your support by sending an email message**
[Change and Uncertainty Manager to Team email template](#)
- 3 Share these resources with employees by email, intranet, or newsletters**
[Managing Stress](#)
[Facing a Difficult or Upsetting event](#)
[How to Manage and Embrace Change](#)
[Prepare for Tough Situations With Planned Coping](#)
[Processing a Difficult Work Event](#)
- 4 Encourage employees to seek support with live and on-demand Circles**
[Emotional Resilience: A Beginner's Guide](#) (watch on -demand)
[Listen and Learn: Coping with Stress & Anxiety During Uncertainty](#)

